

HUMAN SERVICES



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DECEMBER 2012

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When you see **WEBSITE KEYWORDS**, go to www.ci.bloomington.mn.us for more information.

KEEPING YOU UPDATED



E-SUBSCRIBE

NEWS WORTH KNOWING

The City offers a variety of online tools to help you stay informed about City news, programs, events and more. For example, you can sign up for updates on the Human Services Senior Program using *E-Subscribe*.

This free subscription service sends e-mail and wireless notifications when updates to our most popular Web pages are posted.

Don't miss out on Human Services' recently unveiled monthly e-newsletter with updates on the latest news, programs and events.

To receive e-mail updates about current Human Services news



and events, go to the City's website, click on *E-Subscribe* and subscribe to "Human Services."



TAKING CARE OF OUR COMMUNITY

SUPPORT THE SENIOR DINING PROGRAM

Creekside Senior Leaders are seeking donations to help support Senior Dining Program activities. Contributions are used to help older adults live healthy, independent lives through the Noon Meals Program.

The program provides participants with low-cost or free meals at Creekside Community Center. Through the program, older adults, many who live alone, have the opportunity to experience companionship with their peers, cultural learning events and entertainment, all close to home.

Donors are recognized at each event. In 2011, the Senior Program received \$15,045 in-kind donations and \$14,640 cash donations.

For more information, contact Human Services.

BLOOMINGTON HUMAN SERVICES, DECEMBER 2012

HUMAN SERVICES DELIVERS CONNECTING YOU TO THE COMMUNITY



Holocaust survivor Judith Meisel on Diversity Day.

Are you looking for volunteer opportunities? Do you want to become more connected to your community? Human Services can help. Offering a wide variety of programs, services and events, Human Services helps strengthen and connect our community. All Bloomington residents, including low-income families, seniors, multicultural communities and individuals with disabilities, are able to get connected to local, county and state nonprofit services as well as other valuable resources. In 2011, Human Services helped almost 16,000 citizens find the resources and services they needed. These resources are available on a daily basis.

For more information on featured programs and services, call Human Services at 952-563-8733, TTY 952-563-8740 or visit the [City's website](http://www.ci.bloomington.mn.us).

WEBSITE KEYWORDS: HUMAN SERVICES.

CREATING A HEALTHIER COMMUNITY

PROVIDING PROGRAMS THAT ENHANCE YOUR PHYSICAL AND MENTAL HEALTH

Human Services wants you to be the **BEST VERSION OF YOU** that you can be. Whether you're 16 or 65, Human Services has programs and activities to help you enhance your physical, mental and overall health – because we all know that being healthy involves more than exercise.

Some programs Human Services offers, such as Enhance Fitness, focus on making your **BODY STRONGER**. Others, like Gardening Club, help you stay **MENTALLY FIT** by providing an opportunity to **STAY ACTIVE** in your community and meet new friends with similar interests. Programs like Dakim Brain Fitness also keep your mind and reflexes sharp.

Almost all of these programs and events offer citizens the chance to become more engaged in their community through **VOLUNTEERING**. Studies have shown that volunteering greatly improves one's quality of life.

Being an active participant in your health and community is made easier when you have the right resources. Human Services works with volunteers, community partners and organizations to bring you a wide variety of programs.

Examples of programs include:

••• **ENHANCE FITNESS** – In partnership with UCare, Human Services offers a unique fitness class that teaches the art of a good exercise routine. A certified UCare instructor guides participants through safe, effective

workouts that include warm-ups, endurance challenges, stretching and strength exercises of various intensity levels. You need not be a UCare member to participate.

••• **LOW-IMPACT AEROBICS** – The Bloomington Senior Program offers free, low-impact exercise classes for adults, ages 55 and older, and individuals with disabilities. Classes take place on Tuesdays and Thursdays, 9 - 10 a.m., at Creekside. Registration is not required and classes are ongoing.

••• **RUN 4 FUN** – Runners of all skill levels are invited to participate in this new club. Current runners or those just looking to learn more about running are encouraged to join. The club coordinates casual group runs, training opportunities, competitive events, networking and social gatherings. Running clubs are a great way to find training partners, encouragement and support.

••• **BLOOMINGTON GARDEN CLUB** – Gardeners of all levels from the novice to master can participate. Gardening is an excellent way to improve and maintain overall health. It increases



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endurance, flexibility and strength. The Garden Club is also a good place to make new friends.

••• **DAKIM BRAIN FITNESS** – The touch-screen technology of the Dakim Brain Fitness system is a great tool for keeping older minds sharp and engaged. The program leads older adult users through 20-minute sessions of puzzles, brain teasers and other multimedia activities. No computer experience is necessary.

••• **CENTRAL GROUNDS COFFEE HOUSE** – A great place for teens to spend their afternoons, Central Grounds, located in Creekside, is run by Bloomington United for Youth and adult volunteers. The coffee house provides



a safe environment for Bloomington teenagers to play games, listen to music, do homework or just have coffee with friends. Call 952-681-6527 for hours of operation.

••• **BUYER'S CLUB** – Creekside's best-kept secret, the Buyer's Club offers a variety of healthy foods, including fresh produce, pasta and nuts. These products are available in small quantities at reasonable prices. The Buyer's Club is operated by volunteers of the Bloomington Senior Program.

••• **BONE BUILDERS** – Human Services and Volunteers of America RSVP Program are seeking volunteers who are age 55 or older to facilitate a Bone Builders exercise program to other older adults in Bloomington. Bone Builders aims to reduce or prevent osteoporosis through weight training and balance exercises. Volunteers lead one-hour, twice-weekly classes. Training, support, mileage reimbursement and other benefits are available to volunteer leaders.

Through these programs and more, Human Services encourages a healthier, more active community. By providing information, access to volunteers and civic engagement opportunities for all ages, Human Services helps make Bloomington a great place to live. For more programs and services, see inside.

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For more information on programs or events, call Human Services at 952-563-8733 or TTY 952-563-8740.

GET TO KNOW YOUR NEIGHBORS

VISIT CREEKSIDE COMMUNITY CENTER A PLACE WHERE EVERYBODY KNOWS YOUR NAME



Creekside Community Center is a place where you can feel at home. A staple in the community for more than 40 years, Creekside boasts an active senior program and a variety of spaces that make it the ideal venue for special events, classes, workshops and more.

The Human Services Senior Program provides adults, ages 55 and older, and younger persons with disabilities countless opportunities for socializing, continuing education, getting fit and more. The program consists of nearly 60 different activities – classes in woodworking, ceramics, poetry writing, music, computer literacy and other arts activities. These unique programs,



developed and run by senior volunteers, include senior leaders who provide structure and guidance for participants. *See page HS4 for a calendar of upcoming activities.*

Programs are held at Creekside Community Center, 9801 Penn Avenue South, unless otherwise noted. For more information, contact Human Services.



AN IDEAL VENUE SPACES FOR MEETINGS, EVENTS AND MORE

Creekside has rooms for rent that accommodate 10 to 175 people.

Rental rates are determined by the Bloomington City Council, and range from \$17.75 - \$90.50 per hour, depending on the size and type of rental space. Tables and chairs are included in all rentals. All rooms are equipped with wi-fi and



a variety of audio-visual equipment, such as DVD players, Nintendo Wii gaming systems, projectors, microphones and portable screens. Special rentals include a computer room, wood shop and piano. For more information or to rent a space, call 952-563-4944 V/TTY or visit the [City's website](#).

WEBSITE KEYWORDS: FAST FACILITY

HELPING YOU STAY HEALTHY MEET THE AGENCIES MAKING A DIFFERENCE

TAKING CONTROL OF YOUR HEALTH A WELLNESS FAIR FOR SENIORS

Human Services is teaming up with St. Catherine's University to provide health and wellness information to seniors. This free event will take place **Wednesday, January 16, 9:30 - 11:30 a.m.**, at Creekside. A variety of fun, hands-on activities and useful information for healthy living will be presented. Reservations are not required. Bring a friend or neighbor!

PREVENTING FALLS HEALTHY LIVING SPEAKER SERIES

Human Services, in partnership with Allina Health, will be hosting a Healthy Living Speaker Series in May. This free event will include a panel discussion featuring physicians and medical professionals, followed by a health fair and refreshments.

See the April 2013 *Briefing* issue for details.

VISIT WITH THE NURSE LEARN VALUABLE INFORMATION

The first Wednesday of each month, from 9:30 - 11:30 a.m., you will have the opportunity to talk to a Bloomington Public Health Nurse about your blood pressure, healthy living tips, medications, active aging and more. Public Health Nurses will also provide valuable community resources and tips for staying independent. No appointment necessary.



HEAT-AND-EAT MEALS

DELIVERING DINNER TO YOUR FRONT DOOR

Enjoy the freedom to dine when you want, while having your choice of more than 80 home-delivered meals. You may order an entrée alone or a full meal that includes milk, fruit, dinner roll and dessert. These meals are ordered and delivered weekly. All you have to do is complete an order form each week and return it to the driver delivering your meals.

Heat-and-eat meals are available to Bloomington residents, ages 60 and older. For more information, contact Human Services.



COLORS OF OUR COMMUNITY 2011 YEAR IN REVIEW

Pick up your copy of Colors of Our Community, the 2011 Human Services Year in Review. Read about how Human Services is working with citizens, organizations and Bloomington businesses to meet the community's needs. Learn about older adult activities, youth homelessness, accessibility in businesses and youth leadership. Additional information on services and programs along with statistics can also be found inside. Pick up a copy at Bloomington Civic Plaza or Creekside Community Center or download a copy on the [City's website](#).

WEBSITE KEYWORDS: YEAR IN REVIEW.

HEALTHY AND FREE HELPING YOU STRETCH YOUR FOOD BUDGET

Did you know you can get a free meal at Creekside? Loaves and Fishes provides a meal to those in need at no charge, **Monday - Friday, from 5:30 - 6:30 p.m.** Meals are sponsored by local businesses and organizations that purchase, prepare and serve the meals. In 2011, approximately 40,263 meals were served.

Loaves and Fishes is cosponsored by the Human Services Division.



TAX PREPARATION SERVICES

FREE INCOME TAX ASSISTANCE

Tax assistance will be provided through April 16, to individuals who meet income-qualifying guidelines of \$30,000 or less and \$50,000 or less for families. Keep in mind that help is provided on a first-come, first-served basis.

AccountAbility Minnesota will be available to provide tax assistance to qualifying individuals, Tuesdays and Thursdays, January 24 through April 16, 5:45 - 9:30 p.m. and Saturdays, January 26 - April 13, 9 a.m. - 1:30 p.m.

AARP Tax-Aide will provide free tax preparation services for middle to low income taxpayers, with special attention to people age 60 and older, Mondays and Tuesdays, February 4 - April 15, 9 a.m. - noon and Fridays, March 15 - April 12, 9 a.m. - noon.

Taxpayers with complicated tax returns are advised to seek paid tax assistance. Human Services is partnering with AccountAbility Minnesota and AARP Tax-Aide to make these programs available.

For more information, contact Human Services.



NEED A COMPUTER? OPEN LAB HOURS

The computer lab, open to adults, ages 55 and older, and persons of all ages with disabilities, now has expanded hours.

The lab is open **Thursday, 9:30 - 11:30 a.m.** Bring your own laptop or use one of our computers, which are all equipped with Microsoft Windows 7 or XP.

Registration is not required. Computers are available on a first-come, first-served basis. The daily cost for use is \$5 for residents and \$10 for nonresidents.



REPORTING A HUMAN RIGHTS VIOLATION
MAKING YOUR VOICE HEARD

The Bloomington Human Rights Commission aids and advises the City Council in ensuring all citizens have equal opportunity in employment, housing, public accommodations, public services, education and other affairs.

The commission sponsors a number of educational forums and provides mediation for individuals who feel they have been discriminated against, in relation to human rights laws.

For more information or to make a complaint, contact the Human Rights Commission at 952-563-8733.

KNOW YOUR RIGHTS
AMERICANS WITH DISABILITIES ACT

The Americans with Disabilities Act (ADA) was enacted to provide broad anti-discrimination protection for all persons with physical and mental impairments that substantially limit one or more major life activities. The ADA covers employment, public services, public accommodations, services operated by private entities and telecommunication relay services.



The City has staff with ADA training who can provide assistance, guidance and follow-up in reference to the Americans with Disabilities Act. Call Human Services if:

- You believe you have been discriminated against because of a disability.
- You are building or renovating a publicly used building and want to make sure ADA guidelines for accessibility are met.
- You are a concerned citizen who believes a public or private entity isn't accessible.

The City has made a commitment to serve individuals with disabilities and to make sure every individual has access to all services, public and private. Since 2007, Human Services has purchased almost \$10,000 in accessible equipment, including a beach walker, wheelchair and pool lift, to increase participation by individuals with disabilities at the Bloomington Family Aquatic Center and Bush Lake Beach.

For more information, contact Human Services.



PEACE RUN AND DIVERSITY DAY
CULTURAL AWARENESS PRESENTATIONS AND ACTIVITIES

Hundreds of Bloomington high school students, staff and community members will run, walk and roll from Kennedy to Jefferson High School on **Friday, May 3, 10 a.m.**, to promote diversity and peace. At the end of the run, each school observes Diversity Day with presentations, cultural awareness displays and activities.

During 2012 Diversity Day, more than 250 students from Jefferson and Kennedy high schools participated in the Peace Run. A total of 81 different cultural booths were represented by 366 students. In addition, members of the Minnesota League of Women Voters, Oak Grove Presbyterian Church, Bloomington Transition Plus Program and Bloomington Historical Society provided supervision and assistance during the event.

WEBSITE KEYWORDS: DIVERSITY DAY.

PROMOTING EQUALITY IN THE COMMUNITY
THE BLOOMINGTON HUMAN RIGHTS COMMISSION



2012 OMAR BONDERUD AWARD WINNER
BOB PETERS RECOGNIZED

The Human Rights Commission presented Bloomington resident Bob Peters with the 2012 Omar Bonderud Human Rights award at the December 3 City Council meeting.

Peters was honored for his tireless work with local, state and national organizations to improve the lives of people with disabilities. Peters, who is a quadriplegic, most recently served on the Bloomington Public Schools Diversity Day Planning Committee and the Disability Employment Awareness Committee.

The Omar Bonderud Award is presented annually to an individual or organization that has made special efforts to ensure human rights for all Bloomington citizens.

Since 1968, the Bloomington Human Rights Commission has advised the City Council on a variety of important human rights issues. The nine-member commission also recognizes community members for their outstanding efforts in the area of human rights through the Omar Bonderud Human Rights Award and the DisAbility Employment Awareness Month Business Recognition Awards. The Commission's primary focus is promoting programs and activities that build an inclusive and accessible community.

WEBSITE KEYWORDS: HUMAN RIGHTS COMMISSION.



HONORING DR. MARTIN LUTHER KING JR.
A JOURNEY ACROSS BLACK AMERICA WITH DR. DON BARTLETTE

In recognition of Martin Luther King Jr. Day, on **Monday, January 14**, the Human Rights Commission will present "My Journey Across Black America" with Dr. Don Bartlette.

This special presentation chronicles Dr. Bartlette's experiences with racism and how these experiences led him to become an advocate for human rights. This free event will feature a lunch at Creekside, followed by the presentation at 12 p.m. and a question-and-answer session.

To make a reservation, call 952-563-4944 or visit Creekside.

BE A PART OF SOMETHING SPECIAL
THE FACES OF BLOOMINGTON PROJECT

The Bloomington Human Rights Commission and Bloomington Historical Society invite you to be part of the Faces of Bloomington Project. This project is designed to showcase the diversity of residents living in Bloomington through a collection of photos that will be mounted into the shape of Bloomington and displayed at various civic and community sites throughout the city.

Photos can be brought to Creekside, 9801 Penn Avenue South or Bloomington Civic Plaza, 1800 West Old Shakopee Road, where they will be scanned and returned, or submitted via e-mail to humanrights@ci.bloomington.mn.us.

For more information, call 952-563-8733 or visit the [City's website](#).

WEBSITE KEYWORDS: BLOOMINGTON FACES.



FARE FOR ALL
SAVING YOU MONEY ON GROCERIES

Everyone should have access to safe, healthy and affordable foods. The Fare For All program offers the opportunity for all citizens to save up to 30 - 40 percent on fresh produce, frozen meats and other basic food items. There are no income restrictions for this program. Choose from a variety of food packages, including meat, vegetarian and a monthly special.

Advance registration is required. For more information or to register, call Creekside at 952-563-4944.



MAKE A DATE FOR LUNCH

Human Services hosts multiple lunch events every month, featuring special menus, door prizes, musical entertainment and guest speakers. Upcoming events include a Garden Gala, Octoberfest, Birthday Bashes and Veterans Appreciation Lunch, photo above.

Meals are \$6 for guests under the age of 60 and an up to \$3 suggested contribution for guests 60 and older. Reservations must be made at least three days in advance.



NEW TRAVEL SERIES

Travel around the world without ever leaving Bloomington. A new travel series will begin on March 27, with a virtual trip to India. Enjoy lunch with your travel companions while you experience all the sights, sounds and culture of India. Future destinations include Russia, Norway, Sweden and Indonesia.



OSCAR PARTY

Travel back in time to Hollywood in the 1930s, Monday, February 25, 11:30 a.m. Full of glamour and elegance, this was the Golden Age of movies with stars like Marlene Dietrich, Greta Garbo and Cary Grant. The decade ended with the unforgettable movies, Gone With The Wind and The Wizard of Oz. Don't miss this glamorous trip down memory lane.

MARK YOUR CALENDAR



In 2013, residents will have a variety of fun and exciting ways to experience different cultures, savor good food and enjoy a variety of entertainment. Most events will take place at Creekside Community Center, 9801 Penn Avenue South, or Civic Plaza, 1800 West Old Shakopee Road. For more information on these activities, call Human Services at 952-563-4944 V/TTY.

On the City's website, click on E-Subscribe and sign up to receive Human Services e-mail updates.

2013					
JANUARY					
M	7	11:30 a.m.	Lunch Event: Beach Party		Creekside
W	9	1 p.m.	Lunch Event: Fall Prevention		Creekside
M	14	11:30 a.m.	Martin Luther King, Jr., presentation		Creekside
W	16	9:30 a.m.	Senior Health and Wellness Fair		Creekside
Th	17	5:30 p.m.	Free tax preparation services begin		Creekside
Tu	29	11:30 a.m.	Lunch Event: Surgeon Makes a Housecall		Creekside
FEBRUARY					
Th	14	11:30 a.m.	Lunch Event: Valentine's Day		Creekside
F	22	8 a.m.	Youth Leadership Retreat		Civic Plaza
M	25	11:30 a.m.	Lunch Event: Oscar Party		Creekside
MARCH					
F	15	11:30 a.m.	Lunch Event: St. Patrick's Day		Creekside
W	27	11:30 a.m.	Lunch Event: Travel Series, India		Creekside
APRIL					
Tu	16	11:30 a.m.	Lunch Event: Creekside Theater		Creekside
MAY					
F	3	10 a.m.	Peace Run and Diversity Day		Creekside
Sa	4	1 p.m.	Kite Day		Creekside
Th	16		Citywide Garage Sales begin		
M	20	11:30 a.m.	Lunch Event: Older Americans Month		Creekside
JUNE					
F	7	11:30 a.m.	Lunch Event: Creekside Theater		Creekside
Sa	15	9 a.m.	Global Celebration		Civic Plaza
W	19	11:30 a.m.	Lunch Event: Travel Series, Indonesia		Creekside
JULY					
W	3	11:30 a.m.	Lunch Event: Stars and Stripes		Creekside
Th	22	11:30 a.m.	Lunch Event: Creekside Garden Gala		Creekside
AUGUST					
F	9	11:30 a.m.	Lunch Event: Spam Party		Creekside
M	26	11:30 a.m.	Lunch Event: Polka Party		Creekside
SEPTEMBER					
Tu	10	11:30 a.m.	Lunch Event: Laurel and Hardy		Creekside
Th	26	11:30 a.m.	Lunch Event: Meet Your Elected Officials		Creekside
OCTOBER					
F	11	11:30 a.m.	Lunch Event: Rocktober!		Creekside
Th	31	11:30 a.m.	Lunch Event: Halloween Party		Creekside
NOVEMBER					
F	8	11:30 a.m.	Lunch Event: Veterans Appreciation		Creekside
Tu	26	11:30 a.m.	Lunch Event: Thanksgiving		Creekside
DECEMBER					
Th	19	11:30 a.m.	Lunch Event: Happy Holidays		Creekside



2013 CITYWIDE GARAGE SALES

The Bloomington Optimist Youth Foundation, with the support of Human Services, will hold the 2013 Citywide Garage Sales, Thursday, May 16 - Saturday, May 18.

For more information, call the Bloomington Optimist Youth Foundation at 952-831-3798.

WEBSITE KEYWORDS: CITYWIDE GARAGE SALES.



DRIVING SAFE REFRESHER COURSE

You may qualify for an auto insurance premium discount by participating in the AARP Driver's Safety Program – the nation's first and largest refresher course for drivers, age 50 and older. Courses are offered throughout the year. Call Creekside for upcoming dates.



LET'S GO FLY A KITE AT ANNUAL KITE DAY

Enjoy an afternoon of kite flying fun at the annual Kite Day, Saturday, May 4, 1 - 4 p.m., at Valley View Playfield, 9000 Portland Avenue South. There will be amazing kite-flying demonstrations by the Minnesota Kite Society, musical entertainment, a kite contest and plenty more.

This annual event is sponsored by Human Services, Bloomington Sister City Organization, Parks and Recreation, and Ziegler Power Systems.